

## Sports\*Com Indoor Pool Schedule through May 29

DAYS & TIMES	SUN	MON	TUES	WED	THURS	FRI	SAT
6-7AM	CLOSED	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	CLOSED
7-8PM	CLOSED	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	CLOSED
8-9AM	CLOSED	H2O EXERCISE	T-DAYS	H2O EXERCISE	T-DAYS	H2O EXERCISE	8:30-9:30AM DEEP H2O/ SWIM LESSONS
9-10AM	CLOSED	GENTLE JOINTS	DEEP H2O	GENTLE JOINTS	DEEP H2O	GENTLE JOINTS	LAP SWIM/ SWIM LESSONS
10-11AM	CLOSED	REHAB/ DEEP H2O	REHAB	REHAB/ DEEP H2O	REHAB	REHAB/ DEEP H2O	LAP SWIM/ SWIM LESSONS
11AM-12PM	CLOSED	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM/ SWIM LESSONS
12-1PM	CLOSED	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	AVAILABLE FOR POOL RENTALS
1-2PM	OPEN SWIM	LAP SWIM /OPEN SWIM	LAP SWIM /OPEN SWIM	LAP SWIM /OPEN SWIM	LAP SWIM /OPEN SWIM	LAP SWIM /OPEN SWIM	OPEN SWIM
2-3PM	OPEN SWIM	LAP SWIM /OPEN SWIM	LAP SWIM /OPEN SWIM	LAP SWIM /OPEN SWIM	LAP SWIM /OPEN SWIM	LAP SWIM /OPEN SWIM	OPEN SWIM
3-4PM	OPEN SWIM	LAP SWIM /OPEN SWIM	LAP SWIM	LAP SWIM /OPEN SWIM	LAP SWIM	LAP SWIM /OPEN SWIM	OPEN SWIM
4-5PM	OPEN SWIM- CLOSSES AT 4:30PM	LAP SWIM /OPEN SWIM	LAP SWIM/ 4:30-5:30PM DEEP H2O/ SWIM LESSONS	LAP SWIM /OPEN SWIM	LAP SWIM/ 4:30-5:30PM DEEP H2O/ SWIM LESSONS	LAP SWIM /OPEN SWIM	OPEN SWIM- CLOSSES AT 4:30PM
5-6PM	AVAILABLE FOR PARTY RENTALS	LAP SWIM /OPEN SWIM	LAP SWIM/ 4:30-5:30PM DEEP H2O/ SWIM LESSONS	LAP SWIM /OPEN SWIM	LAP SWIM/ 4:30-5:30PM DEEP H2O/ SWIM LESSONS	LAP SWIM /OPEN SWIM	AVAILABLE FOR PARTY RENTALS
6-7PM	AVAILABLE FOR PARTY RENTALS	WATER POWER!	DEEP H2O/ SWIM LESSONS	WATER POWER!	DEEP H2O/ SWIM LESSONS	WATER POWER!	AVAILABLE FOR PARTY RENTALS
7-8PM	CLOSED	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	CLOSED
8-8:45PM	CLOSED	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	CLOSED

## Water Exercise Class Descriptions

### H2O Exercise

Mon, Wed, Fri 8-9am

This one-hour session can serve the beginner or the participant looking for a mid-range aerobic workout. Resistance equipment is used for toning and strengthening – all muscle groups are targeted. The class is easily modified for impact limitations. Takes place in the shallow end of the indoor pool.

### **T-Days**

Tues, Thurs 8-9am

This class offers a moderate-to-high intensity cardio workout, abdominals and muscle conditioning in the shallow end of the indoor pool. If you want to a tougher workout, add aqua jog belts and bar bells to create drag and resistance.

### **Gentle Joints**

Mon, Wed, Fri 9-10am

A perfect class for those participants who require impact-free exercise while increasing strength and balance. Movements will work through a full range of motion for flexibility benefits. A great class for those with limitations such as arthritis, orthopedic problems, fibromyalgia, and for beginning exercisers. Takes place in the shallow end of the indoor pool.

### **Water Power!**

Mon, Wed, Fri 6-7pm

What a great way to end your day and stay in shape! This shallow water exercise class has elements of circuit training that utilize intervals and toning to power those calories away. A good class for the long-term exerciser or a beginner.

### **Deep H2O**

Mon, Wed, Fri 9-10am / Tues, Thurs 9-10am, 4:30-5:30pm, 6-7pm / Sat 8:30-9:30am

Float your way to fitness! Knowledge of swimming is not required. Work at your own pace – low or high intensity – for an amazing workout without the impact. Using hip flotation belts, this class develops aerobic endurance and muscle conditioning. Takes place in the deep end of the indoor pool.